

# Sitting at the Table

Four things, every meal

1

## FEET ON THE FLOOR

Both feet down, not on the chair

2

## BACK ON THE CHAIR

Sitting all the way back

3

## BODY FACING THE TABLE

Shoulders square to the table

4

## HANDS ON THE TABLE

Or in your lap when you are not eating

### What the teacher says:

"Feet on the floor." "Sit still."

"Face the table." "Chair is for sitting."

